ABSTRACT OF THE DISCLOSURE

A home wellness system includes a plurality of sensors, each including a first wireless port and a second program port, and a headless base station including a wireless port. A portable display and configuration fob includes a portable housing, a first wireless port wirelessly communicating with the wireless port of the base station, a second program port adapted for communication with the second program port of the sensors when engaged with or proximate that port, a rotary thumbwheel encoder, and a display. A processor receives engagement or proximity information from the second port of the portable fob, selects sensor information describing the sensors and responsive to the encoder, and sends the sensor information to the wireless port of the base station.